

Diamond's Edge

Did you know ... Members granted a shaving waiver will not allow beard to exceed 1/4 inch and will not shave any facial hair? (To prevent goatees, and faddish beard styles) Ref: AFI 36-2903 Table 1.4.

Source: Misawa First Sergeants

Misawa Air Base DUI/DWI Hitboard

Total number of
DUI/DWI incidents
at Misawa
this year

0

as of Thursday

Misawa unit with a DUI/DWI: 35th Maintenance Squadron

Number of days
since the last
DUI/DWI at
Misawa

14

as of Thursday

Source: 35th SFS

Weekend Weather



Saturday
Flurries
H 28/L 20



Sunday
Isolated
snow
H 21/L 21

Source: 35th OSS Weather Flight

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January 10, 2003

35th Medical Group named 'Best in PACAF'

by Staff Sgt. Mikal Canfield

35th Fighter Wing Public Affairs office

Misawa's 35th Medical Group was named winners of the Air Force Surgeon General Award as the best hospital in Pacific Air Forces.

The announcement was part of the PACAF Medical Award selections released Dec. 16. Winners at the command level now advance to compete at the Air Force level.

"The selection of Misawa's 35th Medical Group as PACAF's Surgeon General Award winner validates the total team performance in all areas of the hospital," said Col. Russell Turner, 35th MDG commander. "Misawa Medics have led the Air Force Medical Service in pushing the envelope to support the Misawa mission and community, and this recognition of everyone in the Medical Group caps a fantastic year."

The award citation cited the 35th MDG as the "AFMS leader in benchmark processes and technologies supporting community service and expeditionary operations."

According to the citation, the group was first in DoD with automated 'Homeland Defense' syndromic surveillance and first in PACAF pioneering Force Health Management and web-enabling medical readiness information to commanders while supporting worldwide combat and humanitarian medical operations.

The 35th MDG was also lauded for earning an "outstanding" rating during the 2002 Operational Readiness Inspection.

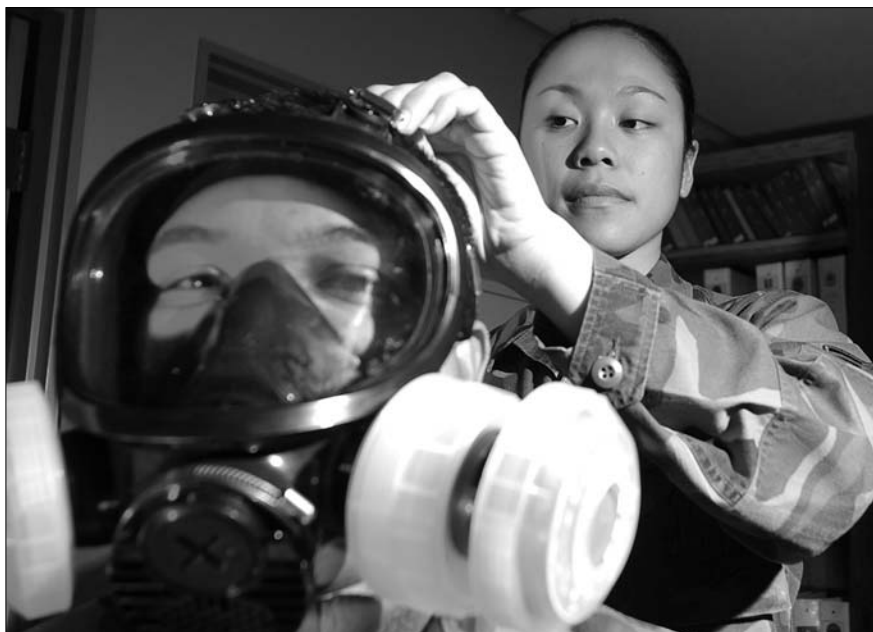


Photo by Staff Sgt. Andrew Rodier

Airman 1st Class Candice Casiano, 35th Aeromedical Medicine Squadron Bioenvironmental Engineering Flight, performs a respirator fit test on Airman 1st Class Maurice Graham II, 35th Maintenance Squadron Egress Systems journeyman. The test ensures the mask fits properly and adequately to protect workers from airborne contaminants.

Increased threat prompts smallpox vaccinations

by Master Sgt. Scott Elliott

Air Force Print News

Air Force members will soon begin receiving smallpox vaccinations, as directed by President Bush Dec. 13.

The president, citing an increased bioterrorism threat since Sept. 11, 2001, ordered military members and others in high-threat areas to receive the smallpox vaccination.

While Air Force plans for the vaccination schedule are still being worked out, the program's director said inoculations should begin in the next few months.

"We'll start as soon as possible," said Brig. Gen. Robert Smolen, director of nuclear and counterproliferation at the Pentagon. "I can't tell you if it'll be next week or 30 to 60 days, but it'll be somewhere in that timeframe, as opposed to six months or a year."

Smolen said inoculations will be given in phases, but will initially target the active duty force.

The 35th Aeromedical Medicine Squadron Public Health Flight confirmed that the vaccinations will be administered to military members at Misawa, but said that no time table has been set up to begin administering the vaccine. The flight is also waiting for Air Force guidance on who will get the vaccine and who will not.

One of the program's first goals is educating the force, Smolen said.

"(Smallpox) has been in the press for quite some time ... so we're just getting down to establishing the specifics," he said.

One specific item the program managers want to clarify is concern for the quality of the vaccine and reports that it may have been diluted to "stretch" the supply.

"There is (currently) a limited supply of the vaccine the FDA has

approved," said Lt. Col. (Dr) Kelly Woodward, chief of preventive medicine at the Air Force Medical Operations Agency. "(The vaccine) is currently licensed to be used full-strength, and that is how we will use it."

Because the World Health Organization declared that smallpox had been eradicated worldwide in 1980, the vaccine itself is several years old. But, Smolen said, that should actually be considered a benefit.

"I think we ought to take some comfort in that," he said. "While the vaccine may be old, this is (the) vaccine that has proven to be successful. The (supply) has been tested, and there's been no degradation to (quality)."

As successful as the vaccine has been in the past, Woodward points out that all inoculations involve some risk of side effect.

"Smallpox vaccine has some well-

recognized side effects," he said. "Many people can expect to have minor side effects such as feeling achy, low-grade fever, headache and itching at the (injection) site. Those are minor reactions, and resolve on their own."

The smallpox vaccine is a "live-virus" vaccine that uses vaccinia virus; however, people cannot contract smallpox from the vaccine, Woodward said. Since it is a live-virus vaccine there can be occasional "big problems," he said. One such problem, though extremely rare, is when the virus erupts widespread over the body.

People who received the shots as children (the United States stopped its routine program in 1972) must still receive the inoculation.

For more information, visit the DoD smallpox vaccine Web site at www.vaccines.army.mil/smallpox.asp. (Story courtesy Air Force News Service)

**Commander's
Action Line
(226-3700)
Please Use It**



The Action Line provides "direct communication" between you and me. This valuable open channel has but one purpose — to make our community better. Your input of ideas, concerns, highlighting problems and suggested solutions are the lifeblood to building a stronger foundation where our families thrive and our mission succeeds. There are many dedicated professionals at Misawa — officer, noncommissioned officer and civilian — who are experts in their respective fields. Please offer them the opportunity to answer your question in concert with your unit chain of command. They share the same vision for Misawa as I do. However, those concerns that do come to the Action Line have my personal attention.

Brig. Gen. Dana T. Atkins
35th Fighter Wing and
Misawa Air Base
installation commander

Who to call for assistance

Air Force Aid Society	226-9316
American Red Cross	226-3016
Auto skills center	226-4654
Bowling center	222-7731
Chaplain	226-4630
Commissary manager	226-3823
Community center	226-4128
Education center	226-4201
Enlisted club	222-9449
Facility maintenance	226-3693
Family day care	226-2273
Family services	226-3665
Family support center	226-4735
Health and wellness center ..	226-6653
Hospital	226-3506
Housing maintenance	226-2327
Housing manager	226-2394
Housing office	226-3200
Law enforcement desk	226-4358
Library	226-4083
Main exchange manager	222-7410
Military clothing sales	222-8709
Officers' club	226-2016
Pass and registration	226-3995
Teen center	226-2170
35th Services Squadron	226-3008
Youth center	226-3200

Misawa prepares for 2003

■ **Editor's note:** This commentary mirrors the commander's weekly update on AFN Misawa.

by **Brig. Gen. Dana T. Atkins**
35th Fighter Wing and Misawa
Installation commander

I hope everyone in the Misawa community had a wonderful holiday season. I also hope you got some well-deserved time off to spend with your family and friends.

Now that the holiday season is over, it's time for us to prepare for the challenges of 2003.

There's a lot to do in the coming year and I'll need everyone to shift into a renewed focus on the mission, both here at Misawa and at

our deployed locations.

We started the New Year with many of our airmen deployed. This ops tempo is likely to increase as the Air Force expands its support for the war on terrorism.

We need to be prepared to support new deployments, as well as be patient with reductions of personnel and services here at home.

This year brings MAJCOM inspections on our readiness and combat employment capabilities.

To prepare we have a series of exercises planned to hone our skills and build both the confidence and competence, need to succeed.

We'll be ready to demonstrate what I already know — that we really are the best at what we do.

Finally, we need to continue our focus on winter safety.

The typical Misawa heavy snowfall will continue to hit us. With it comes a number of weather related accidents.

We need to continue to be vigilant in our safety habits.

Our nation simply can't afford to lose any of you. Prevent accidents through foresight, planning and safe driving practices.

It's been a terrific holiday season and I look forward to another great year at Misawa.

As we leave the holidays behind and move into the early months of 2003, let's not forget what got us here — hard work, dedication, and personal safety.

Again, happy New Year and continue to take care of each other.

Remembering why we serve

by **Lt. Col. James Kasmer**

363rd Expeditionary Civil
Engineer Squadron
commander

A couple weeks back my son turned six. After realizing this was the fourth time in six years I missed his birthday, and coupled with the fact that I missed his first day of school, I started to miss my family even more than usual. I briefly questioned my decision to volunteer to come here.

I didn't have to wait long to get an answer. My wife sent me a card showing the damaged Pentagon shortly after the Sept. 11 attack. I was in the Pentagon the day

of the attack so the picture had a personal extra-added meaning.

Inside the card my wife provided a two-word title, "The Reason." Underneath was a one-line sentence that stated, "Just in case the heat and sand have fogged your memory."

That sentence, along with a couple other words of encouragement, was all I needed to reconfirm I made the correct decision.

We have all made tremendous sacrifices to be here.

We have come together from all across the Air Force, combining active duty, guard and Reserve servicemembers with vastly different jobs and

backgrounds. We serve together not only in support of Operation Southern Watch, but also in support of Operation Enduring Freedom.

As the Air Force continues to increase its shift from a garrison force mindset to the present day expeditionary concept, the challenges and sacrifices we face will continue to test that commitment.

How do we continue to say goodbye to our families and leave them for ever-increasing periods of time?

The reason, in my eyes, goes far beyond a picture of a structurally damaged Pentagon. Simply put, I love freedom. And as the

saying goes, "freedom isn't free."

The thought of being away from my family is one that is often hard to bear. The thought of being without freedom is one I can't even begin to comprehend.

The answer isn't easy; the price to pay is dear. Each must answer the question in his or her own way, and on some days the answer isn't always clear.

I'm not here to convince you to stay or push you to go. I can only hope you feel the same way I do and when you contemplate your own reason you will want to remain a part of the best military in the world.

Safety leads to fire free winter

by **Staff Sgt. Tavio Soto**
35th Civil Engineer Squadron

We hope you had a happy and fire safe holiday season.

Did you know the amount of home fire hazards increase dramatically during the winter season due to greater indoor activities? These activities involve the use of electrical cords, space heaters and live Christmas trees, as well as an increase in cooking.

According to the National Fire Protection Association, electrical fires claim over 200 lives and injure over 1500 more people in the United States each year. Here are a few tips to having a safe winter season:

■ Never overload extension

cords or wall sockets and do not place cords and wires under rugs, over nails or in high traffic areas. Use safety plugs to child-proof electrical outlets. Finally, replace all worn, old or damaged extension cords immediately-frayed wires can cause fires.

■ Keep clothes, bedding, curtains and other combustible items at least three feet from all heaters. The most important thing to remember is that space heaters need space. Do not allow children to play with or around space heaters and unplug them when not in use. Also you should never use a space heater that does not have an automatic shut-off switch (also known as tip-over protection).

■ Never leave cooking unattend-

ed, even for what may seem as a small amount of time.

Over the past six years, unattended cooking has been the number one cause of home fires at Misawa.

If a pan or pot catches on fire, put a lid on it and turn the stove off. Do not disturb the pan until it cools. If you have any doubt that the fire wasn't extinguished, call 911. If a fire starts in your oven, keep the oven door closed, turn the oven off and contact the fire department.

If a fire starts in your microwave oven, keep the door closed, turn the power off and unplug it. Don't let a fire ruin your day. If you have any questions, call the fire prevention office at 226-4055/3218.

Air Force extends HYT for most enlisted ranks

by Maj. John Thomas

Air Force Personnel Center Public Affairs

Airmen serving in most enlisted ranks will now have an additional two years available to serve on active duty.

The change, effective Jan. 1 and approved by the secretary of the Air Force recently, is part of an initiative to retain enlisted people's skills and experience, Air Force Personnel Center officials here said.

The revised high-year-of-tenure policy means senior airmen can serve up to 12 years of total service; technical sergeants up to 24 years; master sergeants up to 26 years; and senior master sergeants up to 28 years. Remaining unchanged are staff sergeants at 20 years and chief master sergeants at 30 years.

"Extending years in service will increase our ability to adequately sustain a highly skilled enlisted force and reduce experienced-non-

commissioned officer shortages created by both the drawdown in the early '90s, and lower retention trends for the past several years," said Chief Master Sgt. of the Air Force Gerald Murray.

Seen as a good option for most airmen, later HYT dates may affect the status of assignments, promotions, re-enlistments and evaluations for thousands of enlisted members, said officials.

"No one will be forced to stay longer, but a lot of people will be able to -- if it fits their plans," said Master Sgt. Mike Hall, superintendent of retirements here. "We encourage everyone near their high year of tenure to visit their local military personnel flight, especially those with planned or pending assignments, separations or retirements."

In the case of senior airmen, HYT dates will automatically be extended to 12 years, regardless of any scheduled separation date after

Dec. 31. Those planning to leave the service soon may be allowed to continue to serve at their current duty location or be reassigned, based on Air Force needs, officials said.

Those airmen who have already spent government funds associated with a separation or retirement will be exempt from the changes, officials said. Typically that includes people who have already shipped household goods, a car, or if their families have already moved using government funds.

"This policy change gives the Air Force the flexibility to keep our experienced people longer. It's the right thing for the Air Force since we are a retention-based force," said Maj. Gen. John Spiegel, who is in charge of personnel policy at the Air Staff. "It should help us alleviate increased stress on some of our career fields and, at the same time, relieve some recruiting and training requirements."

"We have a pretty comprehensive set of instructions, but each case may be a little different. We understand that," Hall said. "It's best for everyone to be sure they understand how these changes will affect them personally."

"For instance, the system will not automatically set a person's retirement date based on the high year of tenure," he said. "And although members' HYT dates will be extended, that will not automatically extend their projected (dates of separation)."

The last revision of HYT dates was in 2001, according to officials. At that time maximum years of service for technical sergeants was increased from 20 to 22 years.

Policies associated with years of service and high year of tenure will continue to be reviewed periodically to ensure they are meeting the needs of the Air Force and Air Force people, officials said. (Story courtesy Air Force News Service)



Photo by Staff Sgt. Louis Rivers

It works like this ...

Dexter Webb, a student at Edgren High School, learns a thing or two about working a flight simulator from Brig. Gen. Dana T. Atkins, 35th Fighter Wing and Misawa Installation commander. Dexter, son of Master Sgt. Richard and Linda Webb, 35th Maintenance Squadron, spent time with Brig. Gen. Atkins learning what the Air Force has to offer. The commander encourages people to take advantage of every opportunity to mentor Misawa's youth.

AF moves beyond 'seven-day option'

Following Secretary of the Air Force guidance, personnel officials have reviewed and improved what was called the "seven-day option" policy.

Those officers who would be eligible to separate or retire instead of taking an assignment will now get more decision time and a general officer's review of the assignment before having to make a potentially career-ending decision. In the past, these officers were given seven days to apply to leave the Air Force.

After intense study of the processes that lead up to those critical decisions, personnel officials have made changes that will result in more formal communication earlier in the process between assignment teams, commanders and the affected officer.

This will let members and the Air Force make the best possible decisions on potential moves.

Before an officer leaves the Air Force as a result of a permanent change of station-related decision, a general officer will "ensure that it's the right decision for the individual and for the Air Force," said Maj. Gen. Thomas O'Riordan, the personnel center commander.

Only about 1 percent of officers typically express the intention to leave the Air Force instead of taking an assignment, officials said. (Story courtesy Air Force Personnel Center News Service)

Northern Light

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The deadline for submission of articles to the Northern Light editor is Thursday at 4:30 p.m. for publication in the next available issue.

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People who have a story or photo idea can e-mail northern.light@misawa.af.mil or call 226-3814.

Smile, Misawa!

The Northern Light is published every Friday for people like Tech. Sgt. Robert "Todd" Frame, 35th Maintenance Squadron Fuels System Repair superintendent. "He is a razor-sharp troop who is an outstanding leader and supervisor," said Master Sgt. Lee Beliceck, 35th MXS Aircraft Fuel Systems Repair Facility chief. "He shows genuine care for the shop and its personnel, a true pleasure to work with."



Air Force transforms, merges property operations

by Staff Sgt. C. Todd Lopez
Air Force Print News

The Air Force recently created a new agency to handle all of its real estate transactions.

The Air Force Real Property Agency resulted from the merging of two agencies: the Air Force Base Conversion Agency and the Air Force Real Estate division. The move, said the director of the AFRPA, is expected to improve the effectiveness of Air Force real estate operations across the force.

"Merging these functions creates the synergy needed to meet Air Force mission capability," said Albert Lowas. "By that we mean to take the expertise of the active Air Force real estate people and merge them with what was AFBCA, so we can do a better job of using that real estate asset to support the Air Force mission."

Before the merger, Lowas said, the Air Force Real Estate division

handled the sale and purchase of real estate to meet the needs of active service installations.

Such property sales might have included abandoned missile silos or housing areas that were no longer needed.

The same division would also have handled the purchase of land if an active installation needed a bombing range or needed to expand a runway.

In contrast, Lowas said, the AFBCA was responsible only for converting of Air Force installations being closed under the Base Realignment and Closure Act.

"The AFBCA handled the property disposal for bases closed in the four rounds of BRAC," said Lowas, who was head of the former AFBCA.

"We worked with the local communities on what their disposal plan would be. We would do the environmental cleanup, we took care of the buildings so they would

not deteriorate, and then we would dispose of the property," he added.

The AFBCA did not simply sell off Air Force installations closed under BRAC. Instead, Lowas said, the service worked to ensure that local communities that surrounded those installations would be able to thrive as they had when the base was active.

"We tried to replace that economic engine of the air base and the air wing with new jobs," Lowas said. "Even before the base was closed we were working with the wing commander so a warehouse could be leased, or we could start joint use on the runway, or we could start to use the hangars and have commercial enterprise come in and start to use the base."

During its existence, the AFBCA used that methodology to convert 32 Air Force installations to civilian use. That experience, Lowas said, will be brought to bear upon all Air Force real estate transactions.

"With AFRPA, we are going to take that experience of working with local communities and transform how we do property disposal on other Air Force installations, to make it the proverbial win-win, for us and for the local community," Lowas said.

The Air Force, Lowas said, is transforming the way it conducts real estate business.

"It's all about being good neighbors and working to ensure everyone's interests are being considered," Lowas said. "Old practices have to be evaluated, and new ones more conducive to the 21st century must be incorporated."

"We are transforming the way we do Air Force real property acquisition and disposal. We are looking beyond the boundary of the base into the larger community to balance everyone's needs: the Air Force's and the community's," he said. (Story courtesy Air Force News Service)

Wild Weasel Wheels

Major Anthony McGraw, 35th Contracting Squadron commander, inspects the interior of a vehicle during the fourth quarter 35th Fighter Wing Wild Weasel Wheels competition. Brig. Gen. Dana T. Atkins, 35th FW and Misawa Installation commander, Maj. McGraw and Maj. Donald Wingate, 35th Security Forces Squadron commander, inspected general-purpose vehicles from every squadron at Misawa. The 35th Logistics Readiness Squadron selects vehicles from every participating squadron to ensure similar vehicles compete. On the day of the competition, all selected vehicles report to the 35th LRS Vehicle Management compound for inspection. The judges rate each vehicle's appearance and consider the vehicles' mission, age and the professionalism of the operator. Scores for each vehicle are compiled to select four finalists. The senior judge, Brig. Gen. Atkins, selected the 35th SFS as this quarter's winner. The competition is held to inspire pride of ownership and promote conservation of government resources.



Photo by Airman 1st Class Patrick Owens

Briefly

■ **Dorm Assistants needed** — Military E-5s and above interested in becoming dorm assistants can call Edward Bellman at 226-4197 or e-mail edward.bellman@misawa.af.mil for more information.

■ **Tax Center volunteers needed** — The 35th Fighter Wing Legal Office is seeking volunteer tax advisors to assist the Tax Center during the upcoming tax season. The legal office will conduct training classes Jan. 22-24. If interested, call Capt. Marshall Minami at 226-4022.

■ **Edgren seeks volunteer tutors** — People interested in becoming tutors at Edgren High School can attend an after-school tutorial held from 2:30 to 4:30 p.m. Tuesdays and Thursdays. All tutors and mentors must receive this training and are asked to commit to only one day per week. For more information, call Missy Gingrich at 226-4377.

■ **Martin Luther King observance** — A Dr. Martin Luther King Jr. Observance Day service will be at 10 a.m. Jan. 17 in the base chapel. A reception follows the service. For more information,

call 1st Lt. Christie Oates at 226-3141.

■ **Dedicated Crew Chief appointment** — The 35th Aircraft Maintenance Squadron invites base people to the Dedicated Crew Chief Appointment ceremony at 1 p.m. Monday in Hangar 911. Uniform is duty uniform. For more information, call Senior Master Sgt. Daniel Otterness at 226-1773.

■ **Pie-in-the-Face** — The African-American Heritage Committee will have a "Pie-in-the-Face" contest Feb. 8 in Hangar 949. Votes for individuals cost \$.25 a piece. The top three vote recipients will receive pies in the face. For more information, call Staff Sgt. Shair Harper, 226-9033.

■ **35th FW Annual Awards banquet** — The 35th Fighter Wing Annual Awards banquet is at 6 p.m. Jan. 31 in the Tohoku Enlisted Club Ballroom. Dress is military mess dress/semi-formal, civilian equivalent. Price is \$16 a person. Sign up with unit first sergeants by Jan. 22.

■ **JENS honors community** — JENS Corporation will have a Misawa Air Base appreciation

Party from 5 to 7 p.m. Tuesday in the Tohoku Enlisted Club. This party is in appreciation for the support in bringing DSL internet service to Misawa. Attendance is open to all ranks. The event features free food, drinks and door prizes.

■ **Chief Induction Ceremony** — The Misawa Chief Induction Ceremony will be at 6 p.m. Jan. 24 in the Tohoku Enlisted Club. Scheduled guest speaker is Chief Master Sgt. Christopher Dobbins, 11th Air Force command chief master sergeant, Elmendorf Air Force Base, Alaska. For more information or to purchase tickets, contact any chief master sergeant select.

■ **Military Retirees Association** — The next Military Retirees Association meeting is 5 p.m. Tuesday in the Tohoku Enlisted Club Aomori Lounge. For more information, call 226-2745.

■ **Shimoda Photo Contest** — The Shimoda Town Hall accepts applications for the 16th annual Shimoda Swan Festival Photo Contest through Feb. 1. For more information, call Simon Bernard at 54-2927.



2002 Year in Review

How Misawa lived, grew and flew

by Airman 1st Class Abby Young
35th Fighter Wing Public Affairs office

When someone says, 'the year 2002' what's the first thing you think of? Saying goodbye to friends? Festivals? Exercises and inspections? Deployments? Changes?

Misawa went through all of the above and then some during 2002, at times asking a lot from service members, families and everyone on base, bending, stretching and growing as events of the year demanded.

Throughout the year base residents heard the clanking of construction tools almost around the clock and suffered the inconveniences of road blockades that backed up traffic. Due to the construction, the base continues to benefit from better roads, bigger dorm rooms and a new officers' club, as well as newly renovated dining facility ... just to name a few.

Many Misawans attended, probably several, award presentations and ceremonies in 2002. Misawa's airmen, sailors, soldiers, Marines, civilians and units filled trophy cases with base, Pacific Air Forces, service and Department of Defense level awards. A few awards include: Best Commissary in DoD, PACAF Surgeon General Award (35th Medical Group) and the 2002 Major General Warren R. Carter Daedalian Award (35th Logistics Readiness Squadron). This just proves, once again, that good things come out of Misawa.

Misawa's hardworking men and women were asked to put forth a 110 percent effort and work long hours during 2002's several exercises and inspections. And again when the base deployed its most valuable assets in support of Operation Enduring Freedom, and Air Expeditionary Force 5 and 7.

In addition to saying goodbye and welcoming home troops year-round, Misawa also had many hails and farewells to wing, group, squadron and flight commanders, first sergeants, and friends — one of the most significant being the wing change of command.

With memories of Misawa's people and events in 2002, it's time to file them away and look positively to 2003 to add even more books of memories to our shelves.



Photo by Tech. Sgt. Krista Valentine
Lt. Gen. Tom Waskow, U.S. Forces Japan and 5th Air Forces commander, passes the guidon to then Col. Dana T. Atkins during the 35th Fighter Wing's change of command ceremony in July.



Photo by Staff Sgt. Louis Rivers



Photo by Staff Sgt. Andrew Rodier
(Above) Petty Officer 3rd Class Jeff Nodine, aboard the USS Safeguard, operates a 40-ton boom to retrieve the tail section of a 14th Fighter Squadron's F-16 in April. (Left) An airman embraces a loved one after returning from AEF 5 in December.



Warrior of the Week

Master Sgt.

Adam Watts

Organization
35th Maintenance
Squadron AGE Flight
Occupation
Combat AGE Team
Leader
Hometown
Columbia, Miss.



"Adam is a hard-charging, conscientious NCO. He strives to be involved and excel at each endeavor, whether it be on the job or off duty. He has motivated and inspired his staff sergeants to be promoted — both achieved promotion. He received a Stripes for Exceptional Performers (STEP) promotion Dec. 23. Off duty, he organizes events for the youth center."

Senior Master Sgt. Sha'ron Bruce
35th MXS AGE Flight Chief



Student of the Week

Anna Schatz Age 7

School
Sabashiro Elementary
School
Hometown
Federal Way, Wash.
Favorite Subject
Art



"Anna is adored by our sixth graders, and lately, she's been meticulously working on a project of turning recycled PET bottles and turning them into art objects. She's great with her hands, and her creativity in ceramics and attention to detail compliments her skillful penmanship in Japanese."

Emiko Sawai
Teacher

Heir born

The following parents announce the births of their children at the base hospital:

SCHNIERS — Senior Airman Joseph and Jacquie Schniers, a daughter, Kileyna Danielle, Dec. 22.

KENT — Staff Sgt. Dante and Rachell Kent, a son, Lance Justin, Dec. 11.

JOHNSON — Petty Officer 3rd Class Jay and Fujiko Johnson, a son, Ryosuke Antoine, Dec. 10.

DAVIS — Chaplain (Capt.) Trent and Lisa Davis, a daughter, Rachel Lynn, Dec. 2.

■ **Editor's note:** For details on submitting births, call 226-3814 or e-mail northern.light@misawa.af.mil.

Misawa Salutes

Congratulations to the recent 35th Fighter Wing Airman Leadership School graduates and award winners:

John L. Levitow Award — **Senior Airman Eric Oakley**

Academic Achievement Award — **Senior Airman Thomas Graslie**

Leadership Award — **Senior Airman Eric Oakley**

Distinguished Graduates — **Senior Airmen Andrew Cosner and Bradley Downey**

Other graduates include **Senior Airmen Neville Allen; Carlton Bates; Melonie Benavides; Lewis Canfield, Jr.; William Clark; Courtney Cumberbatch, Jr.; Tiefert Dana; John Delacruz; Christopher Dreisbach; Makai Estioko; Paul Fernandez; Henry Fryar; DeCarlos Harris; Richard Hyslop III; Marko Jankovic; Andrew Meekhof; Jamie Moniz; Luis Morfin; Jason Muehl; Henry Nolan, Jr.; Patrick O'Neill; August Parie; John Redmond, Jr.; Alexander Rooke; Julie Samanich; Matthew Satkowski; and Jamie Wise.**

Briefs

■ **Medical Facility Open House** — The 35th Medical Group will have a Medical Facility Open House from 12 to 4 p.m. Jan. 17. The purpose of the open house is to introduce primary care managers, provide facility orientation and answer questions. For more information, call Tech. Sgt. R.K. Wright at 226-6017.

■ **Cold Clinic opens** — The 35th Medical Group Family Practice Clinic opened a "Cold Clinic" Tuesday aimed at servicing individuals, ages 16-64, suffering from common cold and flu symptoms. Cold Clinic appointments will be available from 7:30 to 9:30 a.m. and 2:30 to 4:30

p.m. Monday through Thursday. The clinic will remain operational through the end of the cold/flu season in mid-March. Appointments can be made by calling the central appointment line at 226-6111.

■ **Dental Assistant Program** — The Misawa Dental Clinic is offering a dental assistant program. This program teaches everything from records management to chair-side dental assistance for the Misawa Dental Clinic. Applications will be accepted through Jan. 31 at the American Red Cross, Bldg. 674. For more information, call 226-3016.



Photo by Staff Sgt. Louis Rivers

Youth in Excellence

Col. Richard Howell, 35th Mission Support Group commander, presents the fourth quarter Youth in Excellence Award to Thomas Harwell. Thomas, a middle school student at Edgren High School, earned the award for his support of the Wakasa Teen Center, Girls and Boys Clubs of America and for his work as a Junior Torch Club advisor in the Lunney Youth Center. In addition, Thomas has distributed gifts to Towada orphanages and participated in the annual visit of Japanese students to the youth center.

Defense News

U.S. DEPARTMENT OF DEFENSE

Bush calls on congress to 'meet great dangers'

by Linda Kozaryn

American Forces Press Service

On the first day of the 108th Congress, President Bush said today, the nation's elected officials "have a responsibility to meet great dangers to our country wherever they gather."

Speaking in Chicago, Bush said today's threats include global terrorism, Iraq's weapons of mass destruction program and the nuclear weapons threat from North Korea. Responding to these different circumstances requires different strategies, the president said, "yet the nation's resolve in each case will be clear."

"We will not permit any regime to threaten the freedom and security of the American people or our allies and friends around the world," Bush declared. U.S. officials, he said, will continue to hunt down the terrorists across the world. "Cell by cell, we are disrupting their plans. One by one, we're showing these merciless killers the meaning of justice," he said.

Turning to Iraq, the president noted that Saddam Hussein's outlaw regime "lives by violence and deception and is arming to threaten the civilized world." For the sake of peace, Bush stressed, the Iraqi dictator "must disarm himself of all weapons of mass destruction and prove that he has done so."

Should Saddam fail to do so, Bush vowed, the United States would lead "a coalition of the willing to disarm the Iraqi regime of weapons of mass destruction and free the Iraqi people." (Story courtesy DefenseLink.com)

Richard Bong Theater



Today — "Analyze That" (R) Robert DeNiro and Lisa Kudrow, 7 p.m.
 "Solaris" (PG-13) George Clooney Steven Soderbergh, 9:30 p.m.
Saturday — "Harry Potter and the Chamber of Secrets" (PG), 1 p.m.
 "Analyze That" (R), 7 p.m.
 "Solaris" (PG-13), 9:30 p.m.
Sunday — "Jonah: A Veggie Tales Movie" (G), 1 p.m. "Brown Sugar" (PG-13) Taye Diggs and Sanaa Lathan, 5 p.m.
Monday — "Analyze That" (R), 7 p.m.
Tuesday — "Knockaround Guys" (R) Barry Pepper and Vin Diesel, 7 p.m.
Wednesday — "Ghost Ship" (R) Gabriel Byrne and Alex Dimitriades, 7 p.m.
Thursday — "One Hour Photo" (R) Robin Williams and Connie Nielsen, 7 p.m.
Jan. 17 — "Star Trek: Nemesis" (PG-13) Patrick Stewart and Jonathan Frakes, 7 p.m. "Analyze That" (R), 7 p.m.

■ **Editor's note:** Movie lineup and starting times are subject to change.

Grissom Dining Facility



Today
Dinner — Sweet Italian sausage, lasagna, spaghetti
Saturday
Brunch — Cajun meatloaf, crispy baked chicken, ribeye steak
Dinner — Fish almandine, pork chops with mushroom gravy, stir-fry chicken with broccoli
Sunday
Brunch — Chicken breast parmesan, sauerbraten, tuna and noodles
Dinner — Fried shrimp, ginger barbecued chicken, spinach lasagna
Monday
Lunch — Baked chicken, simmered knockwurst, Swiss steak with tomato sauce
Dinner — Roast turkey, baked canned ham, fish and fries
Tuesday
Lunch — Grilled Salisbury steak, onion-lemon baked fish, yakisoba
Dinner — Barbecued beef cubes, paprika beef, pork chop suey
Wednesday
Lunch — Reuben sandwich, beef porcupines, Caribbean jerk chicken, chicken enchiladas
Dinner — Country style steak, fried chicken, pita pizzas
Thursday
Lunch — Liver with onions, orange-spiced pork chops, tempura fried fish
Dinner — Pepper steak, Mr. Z's baked chicken, ginger pot roast

■ **Editor's note:** Menu items are subject to change.



Photo by Anna Flowers

Outstanding volunteers

Christie Messer, a family services volunteer, assembles a child's toy. Nominations are now being accepted for Misawa's Volunteer of the Quarter Award. Nominations are open to all volunteers. All branches of service are eligible to participate in this program. Packages are due to the Family Support Center today. For more information, call 226-4735.

Community Events

■ **Champagne Brunch** — Sunday from 10 a.m. to 1:30 p.m. at the Tohoku Enlisted Club ballroom. All ranks welcome.
 ■ **Teen Dance** — Jan. 17 from 7 to 11 p.m. at The Underground. For ages 13 to 15. For more information, call 226-2170.
 ■ **Teen Dance** — Today from 7 to 11 p.m. at The Underground. For ages 16 to 18. For more information, call 226-2170.
 ■ **Hirosaki Lantern Festival Tour** — Feb. 8, buy tickets from Four Seasons Travel now. For more information, call 226-3555.
 ■ **Lake Towada Snow Festival Tour** — Feb. 15 and 16, buy ticket from Four Seasons Travel now. For more information, call 226-3555.

Education

■ **Scholarships** — Applications are due March 1 for scholarships offered by The Retired Officers Association. Application packages can be found at www.troa.org/Education/2003/. The Navy Marine Corps Relief Society is accepting applications for Term III for spouse tuition assistance now until Jan. 17.
 ■ **SAT** — The SAT is offered Feb. 10 at 1 p.m. Exam is for military members only. For more information or to schedule a testing seat, call the education office at 226-4201.
 ■ **Testing** — The education office offers CLEP, DANTES and Excelsior exams Mondays and Fridays at 8 a.m. and Wednesdays and Thursdays at 1 p.m. To sign up for a test, call the education office at 226-3904.

Family Support Center

■ **Scrapbooking Here and There** — Monday at 9:30 a.m. for families of deployed people.
 ■ **Parenting One to Four-year Olds** — Tuesday at 11 a.m.
 ■ **Sponsor Training** — Tuesday 2 p.m.
 ■ **Deployments: Return and Reunion** — Wednesday at 10 a.m.
 ■ **Excel Intermediate** — Wednesday at 5:30 p.m.
 ■ **Computers for Beginners** — Wednesday at 5:30 p.m.
 ■ **Washi Doll Origami** — Wednesday at 6 p.m.
 ■ **Local/Stateside Job Search** — Thursday at 8 a.m.
 ■ **Access for Beginners** — Thursday at 5:30 p.m.
 ■ **Shopping on the Economy** — Jan. 17 at 10 a.m.
 ■ **Bundles for Babies** — Jan. 17 at 12:30 p.m.
 ■ **Interviewing** — Jan. 21 at 8 a.m.
 ■ **Family Readiness** — Jan. 22 at 8 a.m.
 ■ **STAR Initial Training** — Jan. 22 at 9 a.m.

■ **Editor's note:** To reserve a seat, call 226-4735.

Family Advocacy

■ **Healthy Emotions** — Tuesday from 9 to 10 a.m. in Bldg. 1000.
 ■ **Toddler Playgroup** — Tuesdays and Fridays from 10 to 11 a.m. in Bldg. 94.
 ■ **Birth To 12-Month Playgroup** — Wednesdays from 10 to 11 a.m. in Bldg. 94.
 ■ **Stress Management** — Thursdays from 2 to 4 p.m. at Misawa's Health and Wellness Center.

School Lunch Menus



Cummings and Sollars Elementary

Monday
 Cheese pizza, vegetables, fruit cocktail, oatmeal raisin cookie, milk
Tuesday
 Cheese burger on a bun, spudsters, mixed vegetables, fruit, milk
Wednesday
 Popcorn chicken, mashed potatoes, corn, baked roll, fresh fruit, milk
Thursday
 Ravioli with meat sauce, garlic toast, garden salad, applesauce, milk
Jan. 17
 Soft shell beef taco, Spanish rice, pineapple, graham crackers, milk

■ **Editor's note:** High school students can choose between the elementary school menu and another selection.

Edgren High

Monday
 Hot dog on a bun, fries, vegetables, oatmeal raisin cookie, fruit, milk
Tuesday
 Corn dogs, spudsters, vegetables, fruit, Rice Krispie bar, milk
Wednesday
 Chef salad, baked roll, fresh fruit, graham crackers, milk
Thursday
 Chicken pattie sandwich, crispy potato wedges, applesauce, milk
Jan. 17
 Cheese pizza dippers, Spanish rice, garden salad, fruit, milk

■ **Editor's note:** For complete menus visit: <http://odin.aafes.com/nutrition/hsmen.htm>

35th Fighter Wing Chapel



Catholic Services

Daily Mass — Mondays through Thursdays at noon
Sunday Masses — 9:30 a.m. and 12:30 p.m.
Sunday School — Sundays at 11 a.m. (at Sollars Elementary School)
Confessions — First and third Mondays at 11 a.m. and second and fourth Mondays at 7 p.m.

Protestant Services

Holy Communion — Sundays at 8 a.m.
Sunday School — Sundays at 9:30 a.m. and 12:30 p.m. (at Sollars Elementary School)
General Protestant — Sundays at 11 a.m.
Inspirational Worship — Sundays at 2 p.m.
Contemporary Worship — Sundays at 6 p.m.

Jewish Services

First and third Fridays of every month from 7 to 9 p.m.

Islamic Services

Fridays at noon

Seventh Day Adventist Services

Saturdays at 10 a.m. at Security Hill Chapel.

Hindu Study Group

First Friday of month from 11 a.m. to noon
 Every other Friday of month from 11:30 a.m. to 12:30 p.m.

Contact numbers

Main chapel — 226-4630
 After duty hours — 226-6648
 Security Hill — 226-3064

Timeout

■ **Basketball Tournament** — The Misawa Marauders sponsors a basketball tournament in honor of Martin Luther King Jan. 18 and 19 starting at 9 a.m. in the base fitness center. For rules and information, or to sign up, email Thomas.Mangan or John.Hemphill @misawa.af.mil or call Mangan at 226-6130.

■ **Membership Meeting** — The Mogul Masher Ski/Snowboard Club holds a membership meeting Wednesday at 6 p.m. in the Tohoku Enlisted Club's Gray Room.

Game Schedules

Edgren High School Basketball Saturday

9 a.m. KHS vs. Edgren (JV)
10:30 a.m. KHS vs. Edgren (Var)

■ **Editor's note:** Matchups subject to change.

Northern Light Game Highlights

■ Intramural, varsity, youth and high school coaches can fill in the sections below to highlight their team's key plays and players.

Sport:

Team name:

Coach's name and daytime telephone number(s):

Opponent:

Outcome/final score:

Day, date and time of game:

Location of game:

1. What was the greatest factor that determined the game's outcome and why?

2. Where did your opponent pose its greatest challenge and why?

3. Who were your most valuable players and why?

4. Was there a turning point in the game, and how did it influence the outcome?

■ Once complete, fax the information to the newspaper office at 226-9342, e-mail it to northern.light@misawa.af.mil or hand carry it to the newspaper office in Room 28 of Bldg. 504 (35th Fighter Wing Headquarters on Risner Circle).

■ For more details, call 226-3814.

New year's nutrition made easy

Understanding fruit, veggie facts makes for healthy snacks

There's just something about the new year that inspires people to improve or change their eating habits. While eating sensibly has definite health benefits (good nutrition lowers the risk for many chronic diseases, including heart disease, stroke, some types of cancer, diabetes and osteoporosis) many people try to totally revamp their whole lifestyle with unrealistic goals during this time of year. Instead of the "I'll never eat sweets again" approach, the following is a bite-size start to a healthy diet.

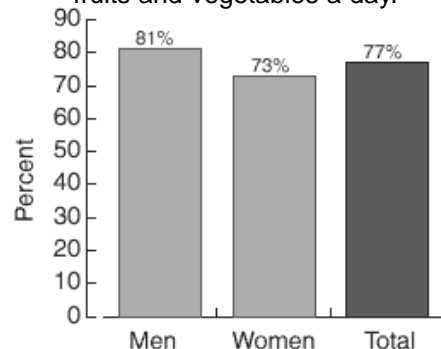
It's been shown that only about one-fourth of U.S. adults eat the recommended five or more servings of fruits and vegetables each day. To combat this, the 5-A-Day for Better Health Program, sponsored by the the National Cancer Institute and the Produce for Better Health Foundation, was

created to give people a simple, positive message — eat 5 or more servings of fruits and vegetables every day for better health.

Although there are thousands of health promoting phytochemicals found in plants, research is just beginning to understand how they work to improve health, so it's important to eat a wide variety of colorful orange/yellow, red, green, white, and blue/purple vegetables and fruit every day. By eating vegetables and fruit from each color group, you will benefit from the unique array of phytochemicals, as well as essential vitamins, minerals, and fiber that each color group has to offer alone and in combination.

Though the benefits of eating at least five servings of fruits and vegetables daily are clear, additional 5-A-Day research shows that consumers

Percentage of adults who reported eating fewer than five servings of fruits and vegetables a day.



Source: CDC, Behavioral Risk Factor Surveillance System

still believe eating 5-A-Day is difficult. Contrary to popular belief, eating the 5-A-Day way is easy. One serving is less than people think. And today, there's a wider variety of fruits and vegetables from which to choose, whether they're fresh, frozen, canned, or dried.

Adding a variety of fruits and vegetables to a diet can be an easy way to achieving nutritional goals. For more ways on fitting 5-A-Day into a healthy lifestyles, check out the source of this article, the National Center

for Chronic Disease Prevention and Health Promotion, at www.cdc.gov.

California Caviar -- an official 5 A Day recipe

Ingredients

1 1/4 cups dry black-eyed peas
1 cup green bell pepper (1 small)
1/2 cup green onion, finely chopped
1/4 cup red bell pepper, diced
1/4 cup jalapeno chilies, finely chopped and seeded
3/4 cup low-calorie Italian salad dressing

Place the beans in a large pot with 3 cups water; bring to a boil, reduce heat and simmer 45-50 minutes or until beans are just barely tender. Drain and rinse with cold water. Mix beans with remaining ingredients. Chill. Serve over lettuce or as dip with baked tortilla chips. Makes 8-10 servings.

One serving size is defined as:

3/4 cup (6 oz.) 100 percent fruit or vegetable juice
One medium fruit (e.g., apple, orange, banana, pear)
1/2 cup cut-up fruit
1/2 cup raw or cooked vegetables
1/4 cup dried fruit (e.g., raisins, apricots, mango)
1 cup raw, leafy vegetables
1/2 cup cooked or canned peas or beans

Time runs out on AF Academy comeback

by John Van Winkle

U.S. Air Force Academy Public Affairs

Time ran out for the Air Force Academy Falcons on a third and goal at the 10-yard line during the recent San Francisco Bowl. The Falcons lost to Virginia Tech, 17-10.

The Falcons were behind four minutes and 11 seconds left, and needed to drive 82 yards for a touchdown and extra point to extend the game into overtime. The Falcons crossed midfield on a series of runs, which ground away precious time.

Falcon quarterback Chance Harridge connected with tight end Adam Strecker, moving the chains to the Hokies' 29-yard line. But an illegal block penalty on the next play pushed the Falcons back 10 yards for a second and 20, as time continued to tick away. The Hokies gave up only 9 yards on the next two plays, forcing fourth down.

With the game on the line, Harridge connected with wide receiver J.P. Waller at the 10-yard line. That gave the Falcons a first and goal at the 10. Two incomplete

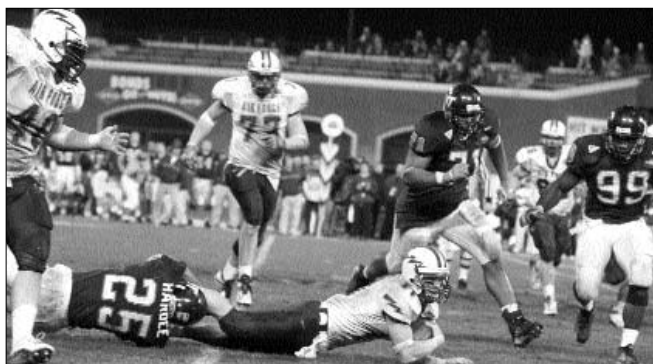


Photo by John Van Winkle

Falcons quarterback Chance Harridge is brought down by his ankles, courtesy of Virginia Tech defensive back Billy Hardee.

pass attempts left the Falcons with a third down and seven seconds left.

After the snap, Harridge rolled right, looking for an option route between the tight end and halfback. He made it to the 3-yard line, where cornerback Ronyell Whitaker knocked the ball loose. The loss closed out the Falcons' 2002 season with an 8-5 record.

"Our football team is very disap-

pointed," said Falcons head coach Fisher DeBerry. "I don't think we lost the football game, but I think that time ran out on us. And I bleed for our guys, because we they gave a tremendous effort."

"But this is the second game that we have lost in a row on the last play of the game. That's something that we have got to address and work toward fixing."